

ADL Initiative Implementationfest 2011

2 Aug 2011

“Continuing the Fight”

“BOOTS ON THE GROUND”

Direct Fire a MUST!!!

WARNING LABEL REQUIRED!!!
without genuine concern.....

“BACKGROUND”

- Marine – Retired; Career Infantry Officer
- But, the rest of the story.....
- Founded **OUTDOOR ODYSSEY**
- Institute for Defense Analyses (IDA) - preparation for Iraq/Afghanistan (COIN)
- Embrace many Marine and Army Units
- Focus on junior leader decision making
- Innovative tools - Hyper-realistic Training; Virtual Tools
- Best Practices: **COMBAT COHESION!!**

“UNIQUE OPPORTUNITIES”

- Weekly visits to Bethesda
- Wounded Warriors
- **SEMPER FI FUND**
 - Transition Sessions for Wounded
 - Learned much about COMBAT STRESS
- Holistic Approach with much Success!!
- **Build Balanced PLAN for Future**
- Leverage power of COMBAT cohesion
- **Power of the Fireteam!!!!**

"OBSERVATIONS"

- **COMBAT COHESION!!**
- **DEPLOYMENT TIME/ RIVAL WWII**
- **REALISM IN COMBAT TRAINING**
- **PRESSURE ON YOUNG LEADERS**
- **DWELL TIME LADEN WITH STRESS**
- **LOSS OF COHESION DANGEROUS**
- **PSYCHOLOGICAL WOUNDS**
- **OSCAR CAN MAKE A HUGE IMPACT,
IF**
- **MARINE FOR MARINE**



U.S. Navy and Marine Corps Stress Continuum Model



READY (Green)

DEFINITION

- Optimal functioning
- Adaptive growth
- Wellness

FEATURES

- At one's best
- Well trained and prepared
- In control
- Physically, mentally, and spiritually fit
- Mission focused
- Motivated
- Calm and steady
- Having fun
- Behaving ethically

REACTING (Yellow)

DEFINITION

- Mild and transient distress or impairment
- Always goes away
- Low risk

CAUSES

- Any stressor

FEATURES

- Feeling irritable, anxious, or down
- Loss of motivation
- Loss of focus
- Difficulty sleeping
- Muscle tension or other physical changes
- Not having fun

INJURED (Orange)

DEFINITION

- More severe and persistent distress or impairment
- Leaves a scar
- Higher risk

CAUSES

- Life threat
- Loss
- Moral injury
- Wear and tear

FEATURES

- Loss of control
- Panic, rage, or depression
- No longer your normal self
- Excessive guilt, shame, or blame

ILL (Red)

DEFINITION

- Clinical mental disorder
- Unhealed stress injury causing life impairment

TYPES

- PTSD
- Depression
- Anxiety
- Substance abuse

FEATURES

- Symptoms persist and worsen over time
- Severe distress or social or occupational impairment

TWO PRONG ATTACK!!

- Project capitalizes on providing **preventative** skill sets to **KEY** young leaders!!!
- Cohesion/trust building sessions, allowing identification of those in “ORANGE ZONE”

TOOLS FOR PREVENTION!!

- Focus on **OSCAR** with enhancements!!
- Skill sets to SQUAD/FT leaders early in training cycle
- Construct powerful vignettes
- Pilot with 1/5 and 1/6
- Focus on those in “Orange Zone”
- Training and follow-up during PTP
- Focus on pre- and post-deployment
- IDA Project supported by OSD
- Collaboration with UCSD and others

WOUNDED WARRIOR SEMINARS

- Use Stress Continuum as guide
- Focus on injured in “**ORANGE ZONE**”
- **TEAM and COHESION KEY TOOLS!!**
- Long-term Connecting Files – MENTORS!
- **MEPS: BALANCE!!!!!!!**
- Key component: **unique** physical fitness
- NOBLE CAUSE & military expertise
- Support by “**Team Orlando**”

ADL- USMC PMTRASYS - PEOSTRI

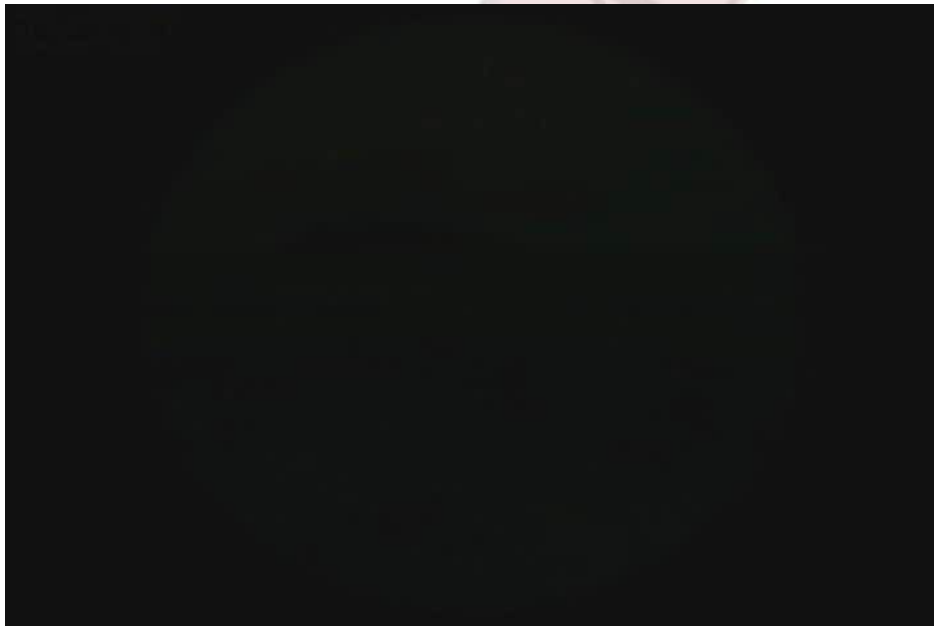
- VBS2 Scenarios
- Video of Actual Vignette by ADL
- JTCOIC initiative
- USMC SIM Center Initiative
- ODYSSEY Video!!!

Virtual Battle Space - 2

1/5 Marines

Scenario 11

Outdoor Odyssey



RECOMMENDATIONS ?????

- **Spend time with returnees!!!**
- **Learn more about SPECIFIC needs**
- **Priority on recovery & transition**
- **Organize an outreach at your locale**
- **Always room “on the mountain”**
- **Genuine Concern in short supply!!**
- **Create GIVERS vice TAKERS!!**

ROAD AHEAD?????

- **Comprehensive Study via IDA**
- **Working to spawn collaboration**
- **Use “mountain sessions” to educate**
- **Engage variety of interests!!**
- **Expand Focus to military FAMILIES**